

SUMMARY

Title

Evaluation of the effect of physiotherapeutic approaches in painful conditions of the cervical spine.

Objectives

The aim of this thesis is to find out, which physiotherapy methods and techniques are used for pain of cervical spine, and to evaluate their effect. The study also aims to summarize current knowledge on this issue.

Methods

The thesis is processed through the method of literature review and is of analytical and descriptive nature. The used studies meet all pre-determined criteria. The thesis is divided into several parts. The first part, general information, describes mainly the physiotherapy methods and techniques that are used for treatment of pain in cervical spine. The second part, results, summarizes these physiotherapy approaches and evaluates their effect. The study concludes with a discussion that is focused on the two main questions of the thesis.

Results

A total of 25 studies met the criteria for inclusion in this thesis. These studies show that the physiotherapy methods and techniques currently used in painful conditions of cervical spine, include: mobilization and manipulation of cervical, possibly thoracic spine, therapeutic exercise, massage, McKenzie therapy, transcutaneous electrical nerve stimulation, conservative interventions, and educational and physical programs. The question of which of these methods is the most effective, can not be clearly answered. The manual therapy appears to be very effective.

Keywords

Neck pain, pain, painful condition, physiotherapy, physiotherapy methods, effect, treatment/therapy